

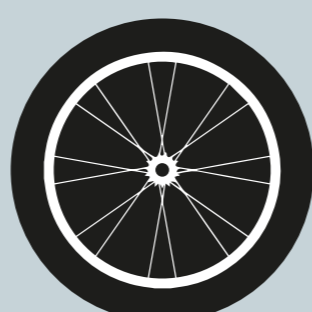


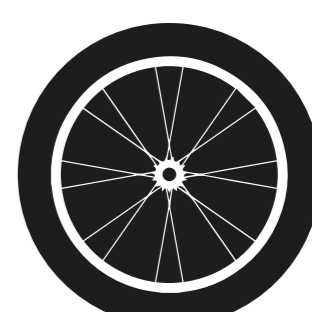


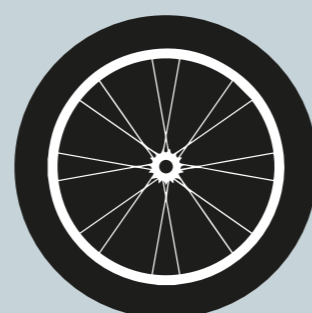


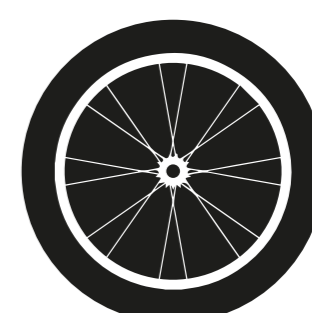


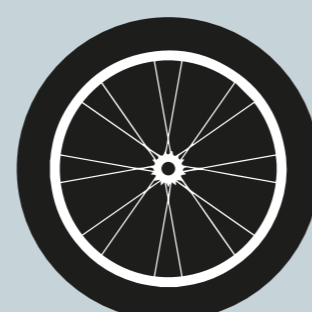


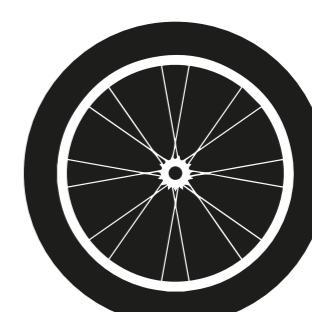







Group cycling periodisation - February to March

Spring term timetable 2017

Tuesday 7.30pm to 8.15pm	Wednesday 8am to 8.30am	Wednesday 6pm to 6.45pm	Thursday 12.15pm to 1pm	Friday 6.30pm to 7.15pm	Sunday 10.30am to 11.15am
 <p>Feb 28 Darius</p>	 <p>March 1 Oli</p>	 <p>March 1 Olivia</p>	 <p>March 2 Mike</p>	 <p>March 3 Laetitia</p>	 <p>March 5 Laetitia</p>
 <p>March 7 Darius</p>	 <p>March 8 Oli</p>	 <p>March 8 Olivia</p>	 <p>March 9 Mike</p>	 <p>March 10 Laetitia</p>	 <p>March 12 Laetitia</p>
 <p>March 14 Darius</p>	 <p>March 15 Oli</p>	 <p>March 15 Olivia</p>	 <p>March 16 Mike</p>	 <p>March 17 Laetitia</p>	 <p>March 19 Laetitia</p>
 <p>Endurance 65% to 75% MHR</p> <ul style="list-style-type: none"> Steady state training Helps build a base level of fitness Great for beginners Introducing the core principles of spinning 	 <p>Strength 75% to 85% MHR</p> <ul style="list-style-type: none"> Increased resistance - riding and positional changes Builds cardiovascular and leg strength Hill climbing simulation 	 <p>Intervals 65% to 92% MHR</p> <ul style="list-style-type: none"> Bouts of high intensity riding followed by recovery intervals Increase your metabolic efficiency at burning calories Improve aerobic and anaerobic fitness 	 <p>Freestyle cycle</p> <ul style="list-style-type: none"> Varied group cycling including sprints, climbs and recovery Perfect for any fitness enthusiast Offering a different workout to the spinning format 	 <p>FitnessFest 2017 Monday 13 March Featuring Spin Invaders Mash it up The Beast</p> 